



MAHARSHI AMARA (1919-1982)

WE TEACH MEDITATION AS TAUGHT BY THE RISHIS

LIGHT

is the Intelligent Power behind all Creation. Light is God.

LIGHT WORK

is assisting all life to raise its levels of Awareness and Experience for a better living.

LIGHT BEINGS

are the Rishis living in this and higher planes who gather and radiate the Light of Knowledge and Energies.

SAPTA RISHIS

are the Hierarchy; the chosen Masters who guide all beings to live in Peace and Perfection here and then go back to their Source, the Light.

MAHARSHI AMARA

was a special Master who was in direct Contact with the Sapta Rishis and who channelled Knowledge and Guidelines for the New Age of Higher Living.

GURUJI KRISHNANANDA

was the direct Disciple of Amara. He developed Saptarshi Dhyana Yoga, the Path of the Rishis and established the Sapta Rishis' Spiritual Centre at Taponagara.

SAPTARSHI DHYANA YOGA

is a unique way of Meditations and positivising emotions and thoughts taught by the Rishis for proper living of both the Spiritual and Material Lives.

THE AFFIRMATIONS

- ★ We are particles of One Great Light (God)
- ★ Love is our nature
- ★ Silence is our language
- ★ Meditation is our way
- ★ This world is our sanctuary
- ★ The entire Creation is our family
- ★ God is our Guru; Rishis are our Guides.

DOORWAYS

Volume 15 Issue 11

October 2020

Rs. 25

REFLECTIONS

Guruji Krishnananda

(Excerpts from old Newsletter – April 1992 issue)

A friend took me to a lecture by a much travelled well-known swami. I went with a big bag and returned empty. I sat alone in the deep night searching for the roots of my disappointment. The swami knew much, had rich experiences and had met many Spiritual Masters.

People knew him as a great man and had gathered there with great expectations. But he looked like a performer reminding the audience at every opportunity that he was so great! Acting; posing! And he gave out a few elementaries that could be picked up with a little effort from anywhere!

My thoughts naturally turned to Amara. He was full, genuine and never tried to impress anyone. He was great and lived like that every moment with majesty so natural to such Masters. The bird, the rose, the child, the ocean and the sun move and live. They don't perform.

If I had not met Amara I too would have clapped and sung glories. I would not have recognized the big Ego.



I had a wonderful experience. I wanted more information on the Astral body for a special class. The books had little and some distorted facts were already dealt with. Then I tried to connect myself to the Rishis and had the most successful contact ever. I received valuable information and began scribbling down as fast as I could.

After a few minutes I felt my head getting heavy and a mild pain began growing. I did not feel alarmed as I clearly understood the cause. When the pain increased I broke the contact even before I could receive all the information. It is then that I realised the human limitations and the necessity of preparing the body and the mind to receive and assimilate the knowledge passed on from the Higher plane of the Rishis. My Guru had remarked – “The Rishis are ever ready. It is you who have to get ready.”



There is a lot of work ahead and the Time is running out. I also realise that nobody thrusts the work on us. It is we who take up and nobody grumbles if we cannot accomplish even a part of it. All such misgivings end with the human plane. There, it is a different matter. They provide the opportunity and wait patiently for us to grow! The work is not the point. It is the Growth!

I wish to share such things with people around me. There is so much of happiness in sharing. Particularly, the Spiritual Wealth. ■



★★★★★★

MANASA FOUNDATION (R)

Taponagara, Chikkagubbi, (Off Hennur-Bagalur Road) Bangalore Urban - 560 077. INDIA.

Phone : 99000 75280 (10 AM to 5 PM)

e-mail : info@lightagemasters.com website : www.lightagemasters.com

MEDITATION CLASSES

The Meditation classes in the city centres in Bangalore remain cancelled. Considering the spread of Covid and the time it may take for a vaccine or medicine to be available, it is decided that classes in the city centres in Bangalore will not be held until March 2021. It will be decided based on the situation then, if the classes can be resumed from April 2021.

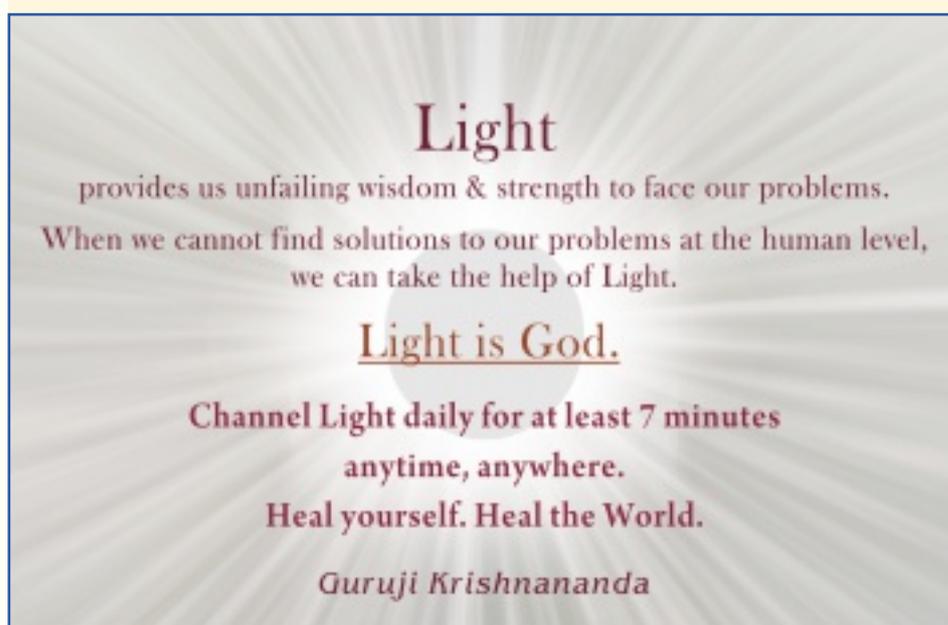
Online classes continue through webcast of Sunday classes. The Basic classes are also conducted online every Sunday from 10AM to 11AM. A new batch starts on the first Sunday of every month.

External Guidance is available by post and e-mail. Please refer column 1 on page 6 for details.

**DOORWAYS(Eng.)/ TAPOVANI(Kan.)/
PRAKASHMARG(Marathi)**
Newsletter Annual Subscription Rs. 300/-
DD should be sent in favour of
'Manasa Light Age Foundation'
Money Orders are not accepted

NEWSLETTER

Gift a Subscription to a friend. Send us the name and address, along with the Subscription amount.



NEWS AND NOTES

- ♦ Maharshi Amara's Maha Samadhi Day was observed on 30th August 2020. Since gathering in Taponagara was not possible due to the current Covid situation, the program was organised virtually through webcast and our students joined from their homes
- ♦ Meditation classes in Taponagara continue to remain cancelled until further notice. The Webcast of virtual Sunday classes continues.
- ♦ The Basic classes are also conducted online now. A new batch starts every first Sunday of the month. These Basic classes are conducted from 10AM to 11AM.
- ♦ Meditators of the Shambala group joined through live webcast on 13th September and mindlinked and meditated to receive initiations from the Shambala Masters.
- ♦ Meditators of the RA group mindlinked and meditated on 20th September to receive special energies of RA.

PROGRAM AT TAPONAGARA

Currently all programs are conducted virtually only through webcast and there are no physical gatherings at Taponagara as of now.

Sundays Lectures: 11AM - 12 Noon
Light Channelling:
12 Noon - 1 PM

MEDITATION ON SPECIAL DAYS

01	Thu	Full Moon Day
10	Sat	Krishna Ashtami
15	Thu	Masa Shivaratri
16	Fri	New Moon Day
17	Sat	Navaratri Begins
23	Fri	Worship of Sarasvati Devi
24	Sat	Durgashtami
25	Sun	Mahanavami Ayudha pooja
26	Mon	Vijaya Dashami
31	Sat	Full Moon Day

Special Meditation technique for Navaratri

During Navaratri, which begins on 17th October, we will be blessed with the presence of Adi Shakti. We can meditate more and receive more of Her energies. We can also be aware of Her presence. For 10 days starting from Navaratri, we can meditate with this special technique - Think of a huge globe of blue Light. Enter the globe. Experience this globe of Light, experience the energies of Adi Shakti. There is no Mantra to be repeated. This technique can be practised in place of daily Stage Meditations.

Please visit www.speakingtree.in to read Guruji's blog and watch his videos.

Live webcast of Sunday lectures is available for students. Please contact Manasa office through email for details.

LIGHT CHANNELLING EXPERIENCES

(Compiled By Vaishali Joshi)

When I practise Light Channelling I feel relaxed and positive. When I practise it at home I can concentrate on my studies. Thank you.

- Omkar S. Lokhande, Std. VIII, Vishwakarma Vidyalaya English Secondary School, Pune

When I practise Light Channelling I feel fresh. I channel Light two times a day, in the morning and while studying. Now I am able to concentrate on my studies. Earlier I used to study for 45 minutes. Now I am able to study for two hours and I have improved.

- Shivam Rawal, Std. VIII, Vishwakarma Vidyalaya English Secondary School, Pune

After the Light Channelling session when I went to my class and the lecture started I could understand everything that the teacher was teaching. I thank you for teaching us this technique.

- Tejas Raju Nanaware, Std. VIII, Vishwakarma Vidyalaya English Secondary School, Pune

When the Light Channelling session ended and I opened my eyes slowly, I felt very nice and my mind was fresh. When we came back to our class I was able to grasp what the teacher said easily and fast.

- Prasad Karanje, Std. VIII, Vishwakarma Vidyalaya English Secondary School, Pune

When I closed my eyes and requested the Light to enter my body I felt heat in my body. And when I opened my eyes after the session I felt very fresh and nice.

- Prajwal Pradeep Gour, Std. VIII, Vishwakarma Vidyalaya English Secondary School, Pune

After I channel Light, I feel very refreshing and calm inside me, which helps me to concentrate on the subjects. I am full of positive thoughts and feel spirited. When I feel sleepy if I practise Light Channelling I have a feeling of vigour and freshness inside me and I don't feel tired the whole day.

- Akshaya B., Std. XII, SBS Mootha Girls Senior Secondary School, West Mambalam, Chennai

While practising Light Channelling, my thoughts wander a lot and I feel sleepy sometimes. But I do experience a change in myself after channelling. I feel good, silent and peaceful the whole day. I am able to concentrate better in studies especially while solving mathematics problems. I am able to control my anger.

- Shruti Verma, Std. XII, SBS Mootha Girls Senior Secondary School, West Mambalam, Chennai

I find that Light Channelling is a great way to refresh myself. It helps to stop my mind from wandering and my concentration has tremendously improved. I have understood that situations can change with one's thoughts and that purity of mind is important. I used to think that Meditation is a tough task but Light Channelling has helped me to realise that it is not so.

- Shrinidhi M. R., Std. XII, SBS Mootha Girls Senior Secondary School, West Mambalam, Chennai

I am practising Light Channelling every day. It is very useful for me. I am short tempered but nowadays I am able to control my anger. If I get irritated or I am not able to concentrate or my mind is confused, I practise Light Channelling. Then I feel refreshed and peaceful.

- Durgalakshmi V., Std. XII, SBS Mootha Girls Senior Secondary School, West Mambalam, Chennai

LIGHT CHANNELS WORLD MOVEMENT

This is a Movement in Conscience, to make this world a beautiful place full of Love and Peace. A Movement with no sermons or banners, where just channelling and spreading the Light are enough. The Light will do everything that words cannot do.

When we channel and spread the Light, it enters others' hearts and homes and transforms the darkness in thoughts and emotions. Then the individuals transform. With the individuals, the world transforms.

This is not the physical Light but the subtlest Light from which all Creation has come. This Light has everything: the Power, Wisdom and the Future. And It is everywhere, unseen.

Let us channel and spread the Light for 7 minutes daily when we wake up and go to sleep and transform the world.

To channel and spread the Light, imagine an Ocean of Light above you. Then imagine a beam of Light descending from this Ocean. Imagine this Light entering you, filling up your body completely. Experience this Light for a minute. Then imagine the Light coming out of your body and spreading around gradually, filling up your home, locality, country and the whole world.

This Movement was launched on 18-05-2008 by the Sapta Rishis through Guruji Krishnananda.

Spread this message to all.

Visit www.lightchannels.com

SHAMBALA PRINCIPLES

These are the seven Principles practised by the people living in Shambala. They live in Peace and Perfection without ageing.

1. Experience the Light in your Core and spread it around.
2. Experience and spread Love.
3. Experience the Oneness of Life in everyone and everything.
4. Carry on the daily activities first in mind, then verbalise them in soft whispers and then actualize them in deeds.
5. Observe the law of secrecy before achieving any goal by minimizing talks about it.
6. Gear up the body, mind and intellect to fight out the negativities.
7. Draw your own lines of contentment with the material requirements to pursue higher Spiritual goals.

THUS SPOKE GURUJI

Excerpts from Guruji's talks (Compiled by Shobha K Rao)

May 2006 (contd.)

Some Paths are interesting. Sometimes they practise techniques such as laugh for half-an-hour, cry for half-an-hour or maybe dance for half-an-hour! Maybe people find a kind of relief in letting go a lot of energy. Maybe it helps. I have no right to comment. I don't know, because I have not danced or cried like that. I have only meditated with my Guru. That's all. My experience is limited. But if you believe in that, stick to it. You will reach. This is one part. This is very interesting.

Slightly humorously I say that I wrote a small note to a person to explain certain things. He came to one of our Meditators and asked, "Read this and tell me what is the hidden meaning in this note." There was no hidden meaning. It was very clear like saying, "Please wait I will speak to you later." There was no hidden meaning. Normally we suspect everything. When you receive a communication, you hear from me, there will be no hidden meaning. Sometimes people used to ask and even now sometimes they ask, "Were you talking about me?" Whenever I explain something, taking an example, they think, "Oh is he talking about me!?" Many people ask me. Once I told, "Yes, of course I mean you." I mean it applies to every one of you. We take up examples not to condemn or criticize. It is just to draw a lesson, that's all. There are no hidden meanings. I think things are very plain here. In fact we have consciously specialized in being very precise and clear. While writing particularly, I am careful about it. While talking, maybe sometimes I talk too much. But while writing, I use only a few words. And this point

has been appreciated by many. A person who wrote about our book 'Channelled Knowledge From The Rishis', mentions this point—we are brief and to the point. I am a very simple man; as plain as I am. There are no hidden meanings.

I wanted to mention one point about problems. I am not wrong when I say that all problems that we have are created by ourselves. It looks a little cruel but that is the fact. I can only tell you with a smile but that is all the concession we have – a smile and a pat. The problems that I had, they were of my own creation I should say. Somehow we attracted these things whether in this life or in previous lives. This is also true that all the solutions are also with us only. It doesn't come from God. They won't descend down from the heavens. All our problems have solutions in ourselves. Which is the solution? Perhaps, it will take some time to find out, to locate it. It's a part of Sadhana. It will take some time. Once we diagnose this and once we locate it, we should be able to act on that. It's not merely understanding. Understanding is not enough. We have to work on that. Then the happiest man is the one who finds a solution for his own problem. Lot of questions could be asked about it when we go into details. But if we spend time, we will realize that all questions can be answered. Every single question can be answered.

The past and the future are a part of the present. In our life, in our living we cannot exclude either the past or the future when we have to deal with the present. The past gives us the wisdom and confidence. The future gives us the direction and also a purpose. So without the past and a

future, the present has no meaning at all. Let us contemplate on these things.

The Rishis have given us the principles for living. Sometimes we feel that these are not enough. Whenever we face a difficult or a new situation, we find that these principles don't give us the complete answer or a proper, specific direction. At such times we are expected to evolve our own ways. Because each person is like a Universe. Each person is unique, different. So each person has to have his own way of dealing with the situation, of course, based on these principles. To evolve such ways we have to have a thorough understanding of the principles and the Path. And with such an understanding if you want to evolve your own way, find a solution to a new and specific problem, think of the Rishis; you get connected to them. Try to find a way, you will get the way. The Rishis will help to find a way, find a solution for a problem.

I would like to say that at this stage and at this age, I am better equipped to find such ways. I can help others in finding a way. When people come to me, I would like to share my Knowledge and whatever the "wisdom" I have. It depends on the people. You can take back whatever God has gifted me, whatever my Guru has given me. Or you can take back the answers for whatever questions you ask. Most of the times it will be very ordinary but I very genuinely answer. Whatever I know, I answer. Where I don't have an answer I say, you find an answer. Sometimes we as individuals have to make our own decisions. We help you to take a decision. We help you to find the answers. ■

EXCERPTS FROM TALK BY SHRI. JAYANT DESHPANDE

(Compiled by Shobha K Rao)

30-08-2020

Maharshi Amara was the first Master to have spoken so clearly and with complete authority about the New Age. After all he knew directly with his own perception. All the knowledge he passed on to us, he had gathered from his own experience or he received it from the Masters and the Divine personalities directly. For example he knew about the Sapta Rishis because he had met them. He did not have to know it from the books. He knew about the space inside the Sun because he had travelled there astrally and he had met Lord Suryanarayana.

He was the Master who sort of announced, not literally, that Lord Kalki had arrived, that he had taken birth. He had met Lord Kalki! That is the speciality of Maharshi Amara. There is something unique about him. My idea is not to compare him with other Masters. Every Master is unique in his own way. We are talking about Maharshi Amara's uniqueness here. We are not aware of, even to this date of any other Master who has spoken about several things that we have learnt from Maharshi Amara. We know for example, about Lord Mahavatara. I don't know if anybody else has spoken about him with so much of authority as Maharshi Amara spoke.

He is a very, very, important person involved in the work of Spiritual upliftment of people on this earth. He has done so much of work that it is difficult to really comprehend the hugeness of his work. And not all of his works are known to us. And yet when Guruji asked him, "What is the mission of your life?", he said, "It was just to gather you people to work for the Rishis." That was his humility.

We know that he did not publicise, he did not go public with all this

knowledge. Of course he did pass on the knowledge to the people around him. Now his knowledge, the knowledge that he passed on, is reaching the world, although even now we are not publicising it. Whatever knowledge is available to us, we are just placing it before the people, that is all. We are just making it available. I feel making Maharshi Amara available to the world has been one of the most important accomplishments of Guruji. Again I must mention that even Guruji's contribution to the world, to the work of the Rishis is so huge that it is beyond our comprehension. But, with my limited understanding at this level, I feel that passing on the knowledge received from his Master, Maharshi Amara, retaining its purity, was a very important accomplishment. And of course we know that Guruji added so much more knowledge. The knowledge can easily get distorted because we understand things in our own way. I believe that another Master was required to present the knowledge in its entirety and its purity; another Master was required to live that knowledge, to vibrate that knowledge, so that it can be effectively passed on. That Master was of course Guruji.

Guruji told us about several aspects of Maharshi Amara; not just about his capacities and his Astral ventures, but other aspects of his personality. He shared with us the knowledge he received from Maharshi Amara – the science of Meditation for example. All these are so important for a Spiritual seeker. We know that Maharshi Amara's Life itself is a great teacher for a Spiritual seeker. And thanks to Guruji that he captured very subtle aspects of his Life, his personality, and passed on to us. They are so helpful to us, to any student of a Spiritual Path. Being human for example. It is so important for our Spiritual Sadhana.

We did not know that. Had we not known this from Guruji, we would have probably thought that this part, that is being human, is not that important, and only Meditations are important.

Guruji used to tell us that he was the finest human being he had ever met. There was something in him that made people feel very, very, close to him. And, like we talked earlier, not only people but even the Divine personalities and the Rishis felt very close to him. What was it in him that made us feel, made people feel so close to him? Was it his Love? Was it his simplicity? Was it the Divinity in him? Was it the humility? Was it the goodness in him or the humanness in him? What was it? Or was it his sacrifices for others? It is difficult to fathom. Like I said, it is difficult to comprehend his magnetism that attracted and brought people close to him. He had of course great capacities and powers. But I believe great capacities and powers cannot make people feel very close to us. They may bring people to us, they may draw people to us, but they cannot necessarily make people feel comfortable with us. Lord Krishna physicalised for him. We don't know much about his earlier lives. We know that during Sant Eknath's lifetime, Lord Krishna took the form of a boy and worked with him for 12 years.

Because he was so great, had unimaginable capacities and powers, he was involved in such works of great importance pertaining to the welfare of the world, maybe because of that, his humility naturally stands out. It catches our attention or it gets highlighted and that is what probably, apart from many other Divine facets in him, makes people feel so close to him.

(Contd. on Page 6)

EXTERNAL GUIDANCE

External Guidance is provided by post or e-mail for those who cannot attend the Meditation Classes. The Registration fee for guidance in English is Rs. 2500, and for guidance in Kannada, Marathi and Hindi, it is Rs. 1300. For students living outside India the Registration fee is Rs. 4500. The fee includes one year's Newsletter subscription and Textbooks.

Thereafter, the yearly Renewal fee is Rs. 2000 for guidance in English, and Rs. 900 for Kannada, Marathi and Hindi. For students living outside India the yearly Renewal fee is Rs. 3500. The fee includes one year's Newsletter subscription.

- ◆ All instructions are sent by post or e-mail (as chosen by the students) regularly.
- ◆ Initiations are made by the Rishis astrally. The progress is also monitored by them astrally.
- ◆ All questions and doubts are attended by Sri Jayant Deshpande.
- ◆ The students are expected to study the Text books thoroughly and all other publications to understand Sadhana and our Path.
- ◆ The Practice Reports have to be sent in time in the stipulated format. If the Practice Reports are not received in time, it will be presumed that the student has stopped meditating.

DDs are to be drawn in favour of "Manasa Light Age Foundation ®" payable at Bangalore.

SPECIAL GUIDELINES BY GURUJI

- ◆ Have patience. Do not expect to experience Samadhi the first day! Do not expect miracles. But miracles do occur silently when we pursue Sadhana genuinely.
- ◆ Each one faces struggles in a different way. But struggles vanish with practice.
- ◆ Each one has experiences in a special way. But do not give too much importance to these. The experiences are good. But they are not the measures of Spiritual progress.
- ◆ Do not try to analyse the processes during Meditation. Analysis does not help Stillness.
- ◆ Thoughts are common. Do not worry. Do not try to drive them away. Just ignore them. There is no other way.

EXCERPTS FROM TALK BY SHRI. JAYANT DESHPANDE

(Compiled by Shobha K Rao)

(Contd. from Page 5)

Even all of us, have this feeling of a kind of intimacy with him, closeness with him. His greatness does not create the distance or it doesn't make us feel that he is not accessible. He is very much accessible to all of us. A person told me that while listening to his voice - we posted his voice recently on social media - she felt a special warmth, a kind of intimacy, a feeling of closeness with him. That is Maharshi Amara!

His ways were unique always, very unique. In one of his previous Avatars as Sant Eknath, when his Guru made him in-charge of administration, I believe once he spent the whole night tallying accounts; tallying accounts just because a very small amount was not tallying. I believe, I don't know exactly, but it was something like a rupee in today's terms or an amount less than that! Now we just round it off. But not him. He must have been a young boy at that time. And I believe in the morning when he finally found the error, he was so overjoyed and he began jumping with joy! A person who talks to Gods remains so particular about tallying accounts! That is why I feel that his ways were unique. They are the greatest examples for a Spiritual seeker to follow.

Another very interesting incident again from Sant Eknath's life : Those days they would carry the holy water from the Ganga river to Rameshwaram, to be offered to Lord Shiva there. It must have been an understanding at that time that if you do this it brings great Spiritual dividends or maybe it takes you towards Moksha or salvation.

And he was carrying this water along with others. On the way he sees a donkey, who is very thirsty, and he just offers that water to the donkey! He doesn't worry about his salvation. Somehow I feel that there is a great lesson in this. The lesson was not only for those times, it is relevant even now. Manifesting Love is more important than going to a temple or even meditating for that matter. He not only sacrificed his salvation, but he conveyed through this act that salvation cannot be achieved just by such means, like offering water. Although such acts do have a Spiritual effect, but these acts alone are not enough. His ways of teaching were unique like this. And like Sant Eknath, even Maharshi Amara taught so much through his living.

Guruji used to say that he had never seen him agitated at any time. He would be calm always. Even while narrating the great Spiritual truths, he would just casually narrate without dramatizing them. And although his life was full of adventures, full of great activities at the Astral level, he lived a human life also with great interest.

We have to be grateful to Maharshi Amara. We are making our Spiritual journey guided by his Light. We are shining with his Light, maybe in different degrees, it doesn't matter. Someday when the process of purification is complete, we will be able to shine brightly. We will be able to manifest him completely through our living. To reach that level of brightness is our Sadhana. To reach a state when we manifest him completely - that is our Sadhana. ■

QUESTIONS AND ANSWERS

(Shri. Jayant Deshpande)
(Compiled by Shobha K Rao)

Q: Whenever I do something I am constantly thinking whether I am doing the right thing or not the right thing?

A: It happens to most of us. We have to get guided by our intuition. We have to listen to our conscience, then we will not make a mistake. There is another point. If we choose to do the wrong thing, we will definitely know. So apart from following our conscience we have to meditate and grow. As we grow and purify ourselves, our thinking becomes clearer, our intuition becomes sharper. Then we reach such stages where we do the right things automatically. It becomes a habit. We will be living in alignment with Light. But initially conscious efforts are required.

Q: Only the spiritually transformed souls will be entering the Light Age. What happens to the remaining souls who have not transformed?

A: As we have understood from Gururji, nobody is left out. In God's world nobody is left out. In the world of the Rishis nobody is left behind. Everybody will be guided with great Love. There will be opportunities to transform always. A few individuals may be living ahead of their times; but for the whole world to enter the Light Age, a majority of people have to choose Light, have to live ahead of their times. Then New Age will dawn. We can choose now and help the Rishis, who are doing a lot of work at another level. They are spreading

a lot of energies to help people become aware of the New Age.

Q: If Light can guide us then what is the need for human leaders?

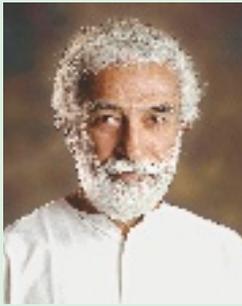
A: This is what I understand : To manage or run the human systems, we need human leaders. For example to run a school we need a Principal. From a spiritual perspective we need a spiritual leader, a Guru who knows the Light, who has experienced the Light, who takes us to the Light because we are ignorant and not aware of It. He makes us aware that there is Light, we can experience the Light and we can also develop a relationship with this Light. He guides us. When we begin experiencing the Light, when we develop a strong relationship with Light then Light begins to guide us.

Q: Is it alright to practise a technique that we come across in a book and also a technique learnt in a workshop conducted by somebody, some Master or some other Path?

A: Gururji told us very clearly to avoid practising techniques we read in the books. I personally feel the best is to learn a technique from a Guru, to get a Mantra from a Guru. If we learn from a Guru and while practising if we have any difficulties, then at least we have somebody to go back to. In my opinion we should be open to gather knowledge from all available sources. But, when it comes to a spiritual practice, I feel we should stick to our Guru. ■

LIST OF OUR PUBLICATIONS

Doorways to Light	200/-
New Age Realities	200/-
Higher Communication & Other Realities	100/-
Light Body & Other Realities	100/-
Master-Pupil Talks	60/-
Master-Pupil Talks - Vol 2	75/-
iGururji Vol 1,3,4 & 7	each 150/-
iGururji - Vol 2	120/-
iGururji - Vol 5	100/-
iGururji - Vol 6	75/-
Living in the Light of My Guru	220/-
How to Meditate	50/-
Dhyana Yoga	50/-
Descent of Soul	50/-
Practising Shambala Principles	50/-
Astral Ventures of A Modern Rishi	50/-
Channelled Knowledge from the Rishis-Vol 2	150/-
Channelled Knowledge from the Rishis-Vol 3 & 4	each 200/-
Gururji Speaks Part - I & II	each 200/-
Gururji Speaks (Vol 3)	150/-
Gururji Speaks (Vol 4)	250/-
Gururji Speaks (Vol 5 & 7)	each 200/-
The Book of Reflections - Vol 1 & 2	each 200/-
The Book of Reflections - Vol 3	150/-
Meditators on Meditations	75/-
Meditators on Experiences	75/-
Meditational Experiences - Vol 1 & 2	each 150/-
Awareness	60/-
Living in Light	10/-
Light	10/-
Quotes from the Rishis - Vol 1 & 2	each 100/-
Pyramid Revelations	100/-
Thus Spoke Gururji Krishnananda - Vol 1 & 4	each 200/-
Thus Spoke Gururji Krishnananda - Vol 2 & 3	each 250/-
ಬೆಳಕಿಗೆ ಬಾಣಲಾಗಳು	150/-
ಋಷಿಗಳಿಂದ ಬಂದ ಜ್ಞಾನ	150/-
ಋಷಿಗಳಿಂದ ಬಂದ ಜ್ಞಾನ - ಭಾಗ 2	150/-
ಗುರು-ಶಿಷ್ಯ ಸಂಭಾಷಣೆ	60/-
ಐ-ಗುರುಜಿ ಭಾಗ 1	150/-
ಐ-ಗುರುಜಿ ಭಾಗ 2	120/-
ಹೌಸ್ ಯುಗದ ವಾಸ್ತವಗಳು	120/-
ಉನ್ನತ ಸಂಪರ್ಕಗಳು	100/-
ಅನಿಸಿಕೆಗಳು	120/-
ಧ್ಯಾನ ಮಾಡುವುದು ಹೇಗೆ	50/-
ಧ್ಯಾನ ಯೋಗ	50/-
ಆತ್ಮದ ಅವರೋಹಣ	50/-
ಶಂಬಲ ನಿಯಮಗಳ ಅಭ್ಯಾಸ	50/-
ಅಧುನಿಕ ಋಷಿಯೊಬ್ಬರ ಅತಿಂದ್ರಿಯ ಸಾಹಸಗಳು	50/-
ಗುರುಜಿ ನಾ ಕಂದಂತೆ	30/-
ಬೆಳಕಿನಲ್ಲಿ ಬದುಕುವುದು	10/-
ಬೆಳಕು	10/-
ದೈವಸಾಕ್ಷಾತ್ಕಾರಕ್ಕೆ ರಾಮಕೃಷ್ಣರ ಮಾರ್ಗದರ್ಶನ	250/-
ಕಾವ್ಯಕಂಠ ವಿಸಿಷ್ಟ ಗಣಪತಿ ಮಂತ್ರಗಳು	100/-
ಅನೇಕಶಿಕ್ಷಣ ಅಪರೂಪದ ವಕ್ತೃಗಳು	120/-
ಬೆಳಕಿನ ಶಂಕರ ಮತ್ತು ಇತರ ವಾಸ್ತವಗಳು	100/-
प्रकाशवाट (Marathi)	150/-
आयुगुरुजी (Marathi)	100/-
ध्यान कैसे करावे (Marathi)	50/-
ध्यानयोग (Marathi)	50/-
आत्म्याचे पृथ्वीवर अवतरण (Marathi)	50/-
शंबला तत्वांचा अभ्यास (Marathi)	50/-
एका आधुनिक ऋषीचे	
सूक्ष्मजगातील पराक्रम (Marathi)	50/-
प्रकाशमय जीवन (Marathi)	10/-
प्रकाश (Marathi)	10/-
उच्चस्तरीय संवाद आणि इतर सत्ये (Marathi)	100/-
गुरु-शिष्य संवाद (Marathi)	60/-
ध्यान कैसे करे (Hindi)	50/-
ध्यान-योग (Hindi)	50/-
प्रकाश (Hindi)	10/-
प्रकाशमय जीवन (Hindi)	10/-
प्रकाश की ओर (Hindi)	150/-
आत्मा का अवतरण (Hindi)	50/-
ಶ್ರಿಯಾನಂದಂ ಸೇವ್ಯವತ್ಯು ಉಪದಿ	50/-
ಉನ್ನಿಯಿನ್ ವಾಯಿಲಿಕನ್	200/-
ಶ್ರಿಯಾನ ಯೋಗ	50/-
ಆತ್ಮಮಾವಿನ್ ಅವಿರೋಹಣಂ	50/-
ನವೀನ್ ಗಿರೀ ಉನ್ನಿಯಿನ್ ಕ್ರೂಷ್ಣಂ ಸಾಕಸುಂಕನ್	50/-
ಸಂಪಲಾ ಶ್ರಿಯಮಂಕನಿನ್ ಅಪಿಶ್ರಿಯಾಸುಂಕನ್	50/-
ಧ್ಯಾನಂ ವೈಯ್ಯಡಂ ಎಲ್	50/-
ಕಾಂತಿಕಿ ದ್ವಾರಮುಲು	100/-



GURUJI KRISHNANANDA (1939 - 2012)

MANASA FOUNDATION (R)

established in 1988 by Gurujee Krishnananda, is devoted to Light Work and conducts Meditation Training Classes in Taponagara & Bangalore city.

TAPONAGARA

is a budding settlement of Meditators near Chikkagubbi village 20 KMs away from Bangalore. Amara had a Revelation in 1935 about the activities of the Rishis and about a future City of Light here.

Cosmic Tower, Kundalini Tower and Tapovana are unique places here for Meditation.

A unique field of energy called 'Manasi' is built around Taponagara and special energies are stored here.

ANTAR MANASA

is the Birthplace of Manasa, at Nadagowda Gollahalli, one km. beyond Taponagara. It has the hut and other structures where Gurujee lived from 1987 to 1992.

STUDY CENTRE

is a unique Centre for Studies on Spiritual Realities at Antar Manasa, guided by the Rishis.

JYOTHI PROJECT

is mainly for the village children. They are helped in their school studies and are taught Shlokas, Bhajans, hygiene, General Knowledge and Computers. They are also encouraged to express themselves creatively through story-telling, drawing and painting.

VISITORS

are allowed on all days from 10 AM to 5 PM for Meditation.

APPEAL

Please help us in our service. (Cheques / DDs in favour of "Manasa Foundation") Donations are eligible for 80-G Concession under Income Tax Act.

SPIRITUAL EXPERIENCES OF MEDITATORS AND EXCERPTS FROM THEIR MAIL

(Compiled by Shobha K Rao)

I had a vision on 6th August 2020 in which I saw Jayantji and Gurujee inviting some of the Divine personalities. They looked very handsome. I saw Gurujee embracing them. There were two big square shaped water pools, and one of our volunteers talked to me about them. To reach the water tank I had to go on a foot path which was similar to the one in our Tapovana. I felt it was Taponagara. I could see a lot of students waiting to attend the class arranged by Jayantji.

- Moorthy K E

On 7th August 2020, early morning, I had a dream-like experience in which I saw Gurujee and all our Volunteers. There was a meeting or a preparation for an event. There was quite a good activity. Jayantji was coordinating along with Gurujee. I could recognize my wife, but I am sure all Volunteers were there with him. All were dressed in white.

- Manoj Chopra

I view life differently than how I used to a year ago, I view it from an evolutionary perspective. God always listens to what I need and He always speaks but, listening to Him is the challenge.

- Arunkumar Telapolu

Gurujee's last message was that he would guide each one of us personally. I am experiencing his guidance every moment now. It was there before also, but now it has become a day-to-day activity. I feel blessed.

- Shantha Kumari H S

Two weeks back, while I was meditating, I suddenly felt a light yellow figure standing beside me. In the Orientation class we were told to imagine Lord Kalki standing before us and then to offer energies and receive Light from Him. It was the same way. Was Lord Kalki standing beside my chair and passing on Light to me? However the figure was hazy so I asked

my intuition, and it said that it was indeed Lord Kalki. I was happy and excited!

- Rathnakala Pakkala

I got into a very profound Krishna Consciousness Meditation of complete Stillness and silence after Janmashtami. Suddenly I was given a vision of a beautiful peacock with its feathers fanning out in full display! I actually got startled, so unusual was this vision! Was it perhaps Lord Krishna telling me that He was with me? Perhaps this was His way of conveying that. I finished my Meditation with an emotion that can only be described as a deep kind of peace and prayerfulness.

- Vidya Virkar

Ever since my last submission of the Practice Report, I feel the Rishis and Gurujee and Amarajee are really helping me with my Sadhana. I can feel a tremendous boost, as I can get up by 3.30 AM and I am ready to meditate by 4 AM. In spite of the current situation, I am at peace inside and as usual I feel protected. Thank you once again for Jayantji's and Senior Guides' guidance. I really feel fortunate to have chosen our wonderful Path.

- Nandita Patel

Late at night one day, during the lockdown, I stepped out of the house to get something from my car. I closed the door behind me without realizing that I did not have the keys. I was locked out and had no way to get back into the house! I called the lock company as they offer 24/7 assistance in such cases, but due to the lockdown the office was closed. I called the carpenter, who arrived within ten minutes despite the lockdown and it being so late at night. He managed to unlock the door. This is nothing short of a miracle!

- Vinamra Longani